

OSHA Ergonomics Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. When does compression or contact stress typically occur?**
 - A. During periods of extreme relaxation**
 - B. When subjected to minimal pressure**
 - C. When under constant pressure from hard objects**
 - D. During physical activity**

- 2. What should be the focus when rearranging a workspace for better ergonomics?**
 - A. Reducing the number of items in the workspace**
 - B. Accessibility and promoting efficient movement patterns**
 - C. Enhancing aesthetic appeal**
 - D. Installing more shelving units**

- 3. Which of the following methods can help mitigate the effects of static and awkward postures?**
 - A. Maintaining a consistent workflow**
 - B. Using more equipment**
 - C. Changing your work setup**
 - D. Increasing work hours**

- 4. Which of the following is most likely a solution to issues caused by static posture?**
 - A. Reducing the amount of work done**
 - B. Changing the height of the chair**
 - C. Adjusting the position of the computer screen**
 - D. Using the same position for longer durations**

- 5. Which setting can Ergonomics improve?**
 - A. Only industrial workplaces**
 - B. Only outdoor environments**
 - C. Any work setting**
 - D. Only corporate offices**

- 6. What type of information should be included in an ergonomic training program?**
- A. Symptoms of MSDs, risk factors, and preventative strategies**
 - B. Office politics and management techniques**
 - C. Technology updates and software training**
 - D. Company history and structural organization**
- 7. What does reducing physical strain on the body do in an ergonomic context?**
- A. It limits employee satisfaction**
 - B. It prevents discomfort and injuries**
 - C. It increases overall workload**
 - D. It decreases teamwork**
- 8. What does having a neutral posture involve?**
- A. Keeping your body vertically aligned**
 - B. Bending your knees slightly**
 - C. Sitting with your legs crossed**
 - D. Leaning forward in your chair**
- 9. Which concept is central to ergonomic practices in the workplace?**
- A. Maximizing financial output**
 - B. Aligning tasks with worker capabilities and comfort**
 - C. Limiting employee movement**
 - D. Standardizing all work tasks**
- 10. According to the CDC, what category of disorders commonly relates to poor ergonomics?**
- A. Cardiac disorders**
 - B. Musculoskeletal disorders**
 - C. Respiratory disorders**
 - D. Neurological disorders**

Answers

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1. C
2. B
3. C
4. C
5. C
6. A
7. B
8. A
9. B
10. B

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Explanations

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1. When does compression or contact stress typically occur?

- A. During periods of extreme relaxation
- B. When subjected to minimal pressure
- C. When under constant pressure from hard objects**
- D. During physical activity

Compression or contact stress typically occurs when the body or a specific part, such as a joint or nerve, is subjected to constant pressure from hard objects. This kind of stress arises when there is prolonged contact with a surface or object that does not allow for movement or relief. The pressure exerted can cause discomfort and may lead to musculoskeletal disorders over time if proper ergonomics are not practiced. This phenomenon is particularly relevant in occupational settings where workers might rest their arms on hard surfaces or where tools exert pressure on the hands or wrists, resulting in increased risk of injury. Understanding that constant, localized pressure can lead to significant health issues is vital in creating effective ergonomic solutions and work environments.

2. What should be the focus when rearranging a workspace for better ergonomics?

- A. Reducing the number of items in the workspace
- B. Accessibility and promoting efficient movement patterns**
- C. Enhancing aesthetic appeal
- D. Installing more shelving units

Focusing on accessibility and promoting efficient movement patterns is crucial when rearranging a workspace for improved ergonomics. This approach ensures that tools, materials, and equipment are within easy reach, which minimizes unnecessary stretching or twisting movements that can lead to discomfort or strain. An ergonomic workspace should facilitate smooth workflows and allow employees to move freely without obstruction. This awareness promotes better posture, reduces fatigue, and enhances productivity. It recognizes that an organized environment, where items are easily accessible, can significantly contribute to a more comfortable work experience. While reducing the number of items in the workspace can contribute to decluttering, the primary aim is to enhance accessibility. Similarly, enhancing aesthetic appeal can create a pleasant environment, but it does not directly address ergonomic principles. Installing more shelving units might help with organization but could also lead to accessibility issues if not done thoughtfully. Therefore, the emphasis should be on designing the workspace in a way that supports efficient movement and easy access to necessary tools and resources.

3. Which of the following methods can help mitigate the effects of static and awkward postures?

- A. Maintaining a consistent workflow**
- B. Using more equipment**
- C. Changing your work setup**
- D. Increasing work hours**

Changing your work setup is effective in mitigating the effects of static and awkward postures because it allows for the adjustment of the workspace to better fit the user's body and tasks. An ergonomic work setup can include modifications such as adjusting chair height, repositioning equipment to minimize reaching and twisting, and ensuring proper lighting. These changes can promote a more neutral body position, reducing strain on muscles and joints, and therefore decreasing the risk of discomfort and injury over time. In contrast, maintaining a consistent workflow might improve efficiency but does not directly address the physical demands of static or awkward postures. Using more equipment might introduce complexity without necessarily enhancing ergonomic conditions or addressing posture-related issues. Increasing work hours typically compounds fatigue and discomfort, further exacerbating the effects of poor posture rather than alleviating them. Hence, modifying the work environment is the most effective method to address these concerns.

4. Which of the following is most likely a solution to issues caused by static posture?

- A. Reducing the amount of work done**
- B. Changing the height of the chair**
- C. Adjusting the position of the computer screen**
- D. Using the same position for longer durations**

Adjusting the position of the computer screen is a key solution to issues associated with static posture because it directly addresses the ergonomic factors that can lead to discomfort or injury. Proper positioning of the screen is crucial for maintaining a neutral posture. When the screen is at an appropriate height and distance, it minimizes strain on the neck, shoulders, and eyes, encouraging a more relaxed and comfortable seating position. In contrast, simply reducing the amount of work done or using the same position for longer durations does not effectively resolve the underlying posture issues; these approaches may even exacerbate discomfort rather than alleviate it. Similarly, while changing the height of the chair can contribute to better posture, it is not a standalone solution if the screen and other workstation elements are not also considered. The integration of screen positioning as part of a comprehensive ergonomic assessment is essential in promoting health and comfort in the workplace.

5. Which setting can Ergonomics improve?

- A. Only industrial workplaces
- B. Only outdoor environments
- C. Any work setting**
- D. Only corporate offices

Ergonomics can indeed improve any work setting, as its principles are universally applicable across various environments and job roles. The core goal of ergonomics is to enhance efficiency, comfort, and safety by designing workspaces, tools, and tasks to fit the needs of the worker, regardless of where they are based. In industrial workplaces, ergonomics helps in reducing the risk of injury related to repetitive motions or heavy lifting. In outdoor environments, it contributes to minimizing exposure to environmental hazards while promoting proper techniques for movement and tool use. In corporate offices, ergonomics focuses on workstation design, seating, and the arrangement of technology to prevent discomfort and repetitive strain injuries. By adopting ergonomic practices in all types of work settings, organizations can improve employee well-being, enhance productivity, and ultimately create a more effective work environment. This holistic approach recognizes that every workplace has its unique challenges and opportunities for improvement through ergonomic interventions.

6. What type of information should be included in an ergonomic training program?

- A. Symptoms of MSDs, risk factors, and preventative strategies**
- B. Office politics and management techniques
- C. Technology updates and software training
- D. Company history and structural organization

An effective ergonomic training program should focus on the essential components that help employees understand and mitigate the risks associated with musculoskeletal disorders (MSDs). Including information on the symptoms of MSDs helps raise awareness among employees about what to look for in terms of physical discomfort or potential injury. Understanding the risk factors allows employees to identify specific behaviors or environmental conditions that may contribute to these disorders, such as poor workstation setup or repetitive motions. Additionally, preventative strategies are crucial as they equip employees with practical solutions to minimize their risk of developing MSDs. This could involve training on proper lifting techniques, ergonomic workstation adjustments, and the importance of regular breaks to reduce strain. Thus, this comprehensive approach enhances employee well-being and productivity while also fostering a safer workplace environment. This focus makes the inclusion of these topics critical in an ergonomic training program, ensuring that employees are knowledgeable about how to protect themselves and promote a healthier work experience.

7. What does reducing physical strain on the body do in an ergonomic context?

- A. It limits employee satisfaction**
- B. It prevents discomfort and injuries**
- C. It increases overall workload**
- D. It decreases teamwork**

Reducing physical strain on the body in an ergonomic context is essential because it helps to prevent discomfort and injuries. Ergonomics focuses on designing work environments and tasks that fit the physical capabilities of the worker, thereby minimizing the risk of musculoskeletal disorders and other injury-related issues. When physical strain is decreased, employees can perform their tasks more effectively and with less risk of fatigue or injury, leading to improved health outcomes and enhanced productivity. This proactive approach not only fosters a safer workplace but also contributes to overall job satisfaction and employee retention, as individuals feel more comfortable and valued in their roles.

8. What does having a neutral posture involve?

- A. Keeping your body vertically aligned**
- B. Bending your knees slightly**
- C. Sitting with your legs crossed**
- D. Leaning forward in your chair**

Having a neutral posture involves keeping the body in an alignment that minimizes strain on the muscles and joints. In this context, it means positioning your body vertically aligned, where the ears, shoulders, and hips are in a straight line. This alignment reduces the risk of injury and discomfort by allowing the natural curves of the spine to be maintained while also ensuring that the muscles are used efficiently without undue stress. The importance of neutral posture lies in its ability to promote proper biomechanics during various activities, whether sitting, standing, or moving. By maintaining this alignment, individuals can perform tasks with greater ease and lower the likelihood of developing repetitive strain injuries or musculoskeletal disorders.

9. Which concept is central to ergonomic practices in the workplace?

- A. Maximizing financial output**
- B. Aligning tasks with worker capabilities and comfort**
- C. Limiting employee movement**
- D. Standardizing all work tasks**

The core principle of ergonomic practices in the workplace revolves around aligning tasks with worker capabilities and comfort. This concept emphasizes understanding individual differences among workers, such as physical attributes, skill levels, and comfort zones, to create a work environment that supports their health, safety, and productivity. By tailoring tasks to fit the abilities and needs of employees, you help minimize the risk of musculoskeletal disorders and enhance overall well-being. Effective ergonomic strategies often involve analyzing workstations, modifying tools, and reorganizing tasks to ensure that employees can perform their duties without unnecessary strain or discomfort. When tasks are aligned with workers' capabilities, it leads to increased job satisfaction, reduced fatigue, and, ultimately, better performance and efficiency. This focus on the worker's comfort and adaptability is crucial for promoting a sustainable work environment where employees can thrive. The significance of this alignment plays a fundamental role in how ergonomics contributes to workplace safety and productivity.

10. According to the CDC, what category of disorders commonly relates to poor ergonomics?

- A. Cardiac disorders**
- B. Musculoskeletal disorders**
- C. Respiratory disorders**
- D. Neurological disorders**

Musculoskeletal disorders are a primary concern in the context of poor ergonomics because they encompass a range of conditions that affect the muscles, bones, and joints. These disorders can arise from repetitive motions, prolonged awkward positions, and excessive force, all of which are often influenced by an individual's work environment and the ergonomics of their tasks. The CDC and other health organizations highlight that poor ergonomic practices can lead to conditions such as carpal tunnel syndrome, tendonitis, and lower back pain, which are prevalent among workers who may not have correctly designed workspaces or tools. By improving ergonomic conditions—like workstation design, tool use, and body mechanics—these risks can be significantly mitigated, thereby reducing the incidence of musculoskeletal disorders in the workplace. The other categories, while they can certainly impact health, are not as directly linked to ergonomic issues as musculoskeletal disorders are. For instance, cardiac disorders are often related to lifestyle factors such as diet and exercise rather than immediate ergonomic practices. Similarly, respiratory and neurological disorders may stem from environmental exposures or other health factors, but they do not directly correlate with workplace ergonomics in the same prominent way that musculoskeletal disorders do.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://oshaergonomics.examzify.com>

We wish you the very best on your exam journey. You've got this!

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